



## Range Rider Fall 2019

# Letter from the President

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I am motivated to make a difference this year while serving as your president! We have a great board, with clear goals. Our strategic plan this year is to *'Improve WAND's relevance through communication and relationship building among members.'*

To make this happen, we are reaching out to all WAND members with a personal call from me or the president –elect, Genevieve Sheets. We will be gathering input on what members want to see on our website, encouraging them to use our Facebook page, providing them with annual meeting information, and encouraging them to find a way to engage with WAND.

We plan to update our website this year, improving the relevance of its content. We will also resurrect the hardcopy of the membership directory.

Finally, in the spirit of improving communication and relationship building, I am reaching out to the Wyoming Dietetic Board Executive Director Emily Cronbaugh, employed by The State of Wyoming, Department of Administration & Information, Professional Licensing Boards. She will let us know when the next board meeting is as these are open to the public. Hopefully they will have a way to virtually attend, and we can send this information out the WAND membership.

Blessings to you all- Georgia Boley WAND President

### WAND Weekly Email

Keeping you connected and informed!

In an effort to reduce the number of emails you are receiving we are providing the WAND Weekly Email.

Please email Jill Keith, WAND Secretary at [jkeith5@uwo.edu](mailto:jkeith5@uwo.edu) with information you would like to share with our WAND members

## Wyoming Academy of Nutrition and Dietetics (WAND) 2019-20 Board of Directors

**President:** Georgia Boley  
**President-Elect:** Genevieve Sheets  
**Past President:** Camden Robbins  
**Secretary:** Jill Keith  
**Treasurer:** Kristin McTigue / Erin Kyle  
**Treasurer-Elect:** Annie Weiz  
**Delegate:** Judy Barbe  
**Nominating Committee:** Cheryl Gray , Candace Garner , Megan Sexton  
**Council on Professional Issues:** Megan McGuffy-Skinner

### ***WAND Committee Chairs***

**Public Relations:** Holly Michaels  
**Membership:** Karla Case  
**New Membership:** **OPEN**  
**State Professional Recruitment Coordinator (SPRC):** Kristin McTigue  
**Public Policy** Amanda Kuck  
**State Policy** Codi Thompson  
**MNT Reimbursement:** Heidi Gillette  
**Consumer Protection Coordinator:** Codi Thompson  
**AND/WAND Fundraising:** **OPEN**  
**Awards and Honors:** Liz Fabrizio  
**Website/Newsletter:** Cheryl Gray  
**SDA Liason** Molly Troutman

## Nominating Committee News!

"The Nominating Committee is seeking nominations for the 2020-2021 WAND Board of Directors. The following positions will be up for election:

- President-Elect
- Nominating Committee (1 member)

Please consider nominating a college WAND member who might be interested in becoming involved in our organization in a leadership capacity or let us know if you are interested in either of the two positions that are available. President Elect is a 3 year commitment (serves as President-Elect, President and Past President) while the Nominating Committee position is a 2 year commitment. The Nominating Committee is made up of 3 elected members. For this ballot, we have one position to fill.

Nominations can be forwarded to Cheryl Gray at ([cheryl22gray@gmail.com](mailto:cheryl22gray@gmail.com)), Megan Sexton ([meganmsexton@gmail.com](mailto:meganmsexton@gmail.com)) or Candace Garner ([candace.garner@scsd2.com](mailto:candace.garner@scsd2.com)).

Please review the WAND job descriptions on the WAND Website at [www.eatrightwyoming.org](http://www.eatrightwyoming.org) member section.

Nominations must be submitted by early January.

## Delegate Report

What Does the House of Delegates Do for You? The Academy House of Delegates (HOD) is like the Congress of Dietetics. There are more than 100 delegates from affiliates and DPGs. There are also representatives who serve as the voice for students and members under age 30. Delegates work—in collaboration with members—to identify and address professional issues and trends; to deliberate policies and standards for education, research, and practice; and to advocate on behalf of the Academy and our profession.

This October, the HOD will discuss the role of **Big Data** and **Total Diet Approach**.

In the past year the HOD met 3 times, once face-to-face at FNCE, and twice in a virtual format to discuss two major areas.

### 1. Design an engaged HOD to best support and advance the Academy's Strategic Plan

Delegates addressed the Mega Issue question: *Going into the Second Century, how do we design an engaged HOD to best support and advance the Academy's Strategic Plan?*

**Continued on page 6**

## HOW TO EAT FOR BETTER SLEEP

Eating habits play a major role in our sleep pattern. Not only the timing and amount of food, but also the types of foods that we eat can make an impact. Though there is still a need for more research on the connections between nutrition and sleep, there are some nutrition tips that are fundamental to better ZZZ's:

**Watch your waistline-** Obesity is directly related to poorer quality of sleep. One of the reasons for this is obesity increases risk of sleep apnea (when breathing starts and stops during sleep).

**Eat complex carbs-** Higher fiber (the most complex carbohydrate form) diets may help sleep. This is likely related to fiber's role slowing absorption of nutrients, creating less risk of peaks and valleys of nutrient levels such as glucose (blood sugar) and therefore having less peaks and valleys in hormones that respond to nutrients such as ghrelin and leptin. Less drastic swings in hormones likely will translate to better sleep.

**Limit alcohol and caffeine -** Both of these impact our circadian system, which is the way our body regulates a sleep-wake cycle in 24 hours. Significant caffeine intake (> 3 cups coffee daily) may negatively impact sleep, especially if you drink it later in the day. Similarly, while alcohol consumption before sleep makes it easier to fall asleep quickly, alcohol alters sleep in a way that causes poor-quality, disrupted ZZZ's.

**Try melatonin enhancing foods –** Melatonin is a non-protein hormone made by the pineal gland in the brain, derived from serotonin which is synthesized from the protein tryptophan. Because melatonin is a non-protein hormone, it can be digested and absorbed without breaking down from enzyme action in the gut. As a supplement, it may help you recover a good sleep rhythm such as after jet lag. There are foods that significantly contribute to the natural production of melatonin. These include foods rich in tryptophan, such as seeds and nuts, beef, pork, lamb, chicken, turkey, and beans. It also includes serotonin rich foods such as kiwi- in fact a small but significant study (found on pubmed at <https://www.ncbi.nlm.nih.gov/pubmed/21669584>) showed having 2 kiwi 1 hour prior to bed significantly improved sleep. It should be noted these subjects did not eat anything else within the 2 hour window prior to bed.

**Lower your inflammation load-** An overactive inflammatory response- often measured by the blood test C-Reactive Protein, is correlated to poorer sleep quality. Lowering stress and increasing antioxidant powerhouses (like cherry juice and blueberries) in the diet may help sleep quality.

**Don't eat too much later in the day-** This is especially true for those with heartburn issues. The most common time we suffer from gastroesophageal reflux is at night when we lay down and no longer have gravity working for us. If you go to bed with a full stomach, you are much more likely to suffer from silent or active reflux of stomach juices back up into the esophagus, and this will disturb sleep. Another reason to not eat later in the day is to help your body have a regular 'fasting' window to re-boot the immune system and repair tissue. If you are able to give your body a 10-12 hour fast every 24 hours, it will likely improve your overall health and sleep rhythm.

*Written by Georgia Boley MS, RD, CFSP. For more nutritional tips, feel free to call The Hub on Smith and ask for Georgia the dietitian, or visit her website at [www.tailorednutritionllc.com](http://www.tailorednutritionllc.com)*

## **GET INVOLVED!!**

We would love for our members to get involved. Please contact anyone from the WAND Board if you would like to get involved with WAND!

Looking for the next

**Website Manager/Range Rider Editor.**

If you are interested please email Cheryl at [cheryl22gray@gmail.com](mailto:cheryl22gray@gmail.com) for more information.

## **FACEBOOK GROUP!**

Check out Facebook page at

<https://www.facebook.com/groups/159144804177819> We would love to get updates from our Members!

### *Delegate Report, continued*

Three motions were approved

- a. Implement new processes for conducting business, in alignment with those outlined in the HOD Evolution Designers Report, as feasible based on available and evolving resources and tools.
- b. Establish maximum term limits that include a required break before serving again as a Delegate with the implementation of a “hardship exemption” policy and procedure to address exceptions to the term limit rules.
- c. Continue to build a diverse slate of qualified candidates for Delegate positions in their respective ballots, In 2022, the HOD evaluate the impact of the Academy’s Diversity Strategic Plans new business processes implemented in the HOD, and enforcement of Delegate term limits on both the diversity of the HOD membership and the inclusion of diverse perspectives to determine the need to reexamine whether or not changes in the composition of the HOD are needed for it to best perform its role.

## **2. Sustainable Food Supply**

The spring 2019 HOD meeting focused on Food Systems and Sustainability: Shaping Dietary Guidance. Based on the dialogue, a series of guiding principles were identified to help nutrition and dietetics practitioners and students advance competencies in food and nutrition education, research, and practice to address changing food drivers and shape consumer food choices. The highlights are:

- a. **Delegates** communicate calls to action, updates and current and future resources on shaping dietary guidance in food systems and sustainability to their constituents.
- b. **Nutrition and dietetics practitioners** must support evidence-based practice when providing dietary guidance around sustainable food systems with clients including best practices when there is insufficient evidence.
- c. **The Academy’s Strategic Communications Team** will work with HOD subject matter experts and those from the 2018 Agriculture, Sustainability and Health Round Table and Forum to enhance, maintain, and promote an online resource hub for food systems and sustainability for both health professionals and consumers (considering the needs of all socioeconomic demographics).

### **Conclusion**

The Academy regularly seeks input from members and then shares Wyoming responses (anonymously with me) to inform the discussion at the meeting. So I can represent YOU—the positive, negative and new – not just the majority opinion or my opinion. So, I appreciate when you take the surveys.

Respectfully submitted

Judy Barbe

## Wyoming Consumer Protection and Licensure

10/11/19

Update on why Licensure is important. With all the nutrition advice that is circulating around on the news, communities and workplace, it is difficult to navigate through to correct information. Licensure has been structured to protect the public from unqualified practitioners from giving possible incompetent information on nutrition.

In each state there are differences for licensure law, language and minimum qualifications to be a licensed dietitian. Credentialing and Accrediting bodies have standardized requirements to make sure the minimum level of educations, training and continued education or competence is met.

Licensure for our state is important because there is a set standard for medical nutrition therapy and other complex dietetics and nutrition services. If you witness harmful nutrition advice to the public or consumer—please report to your state licensure board. For inquiries or Complaints be contact Emily Cronbaugh.

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Professional Licensing Board  
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